

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

June 2011

Milk and Fruit Smoothies Parmesan-Toasted Trail Mix Peanut Butter & Chocolate Dip Mix-and-Match Snack Attack Graham Cracker Smackers Choco-nana Pops

Milk and Fruit Smoothies

3 ice cubes
1 cup skim or 1% milk
1 cup fresh or canned fruit (use any fruit your family likes)
2 teaspoons sugar

1. Crush ice cubes in a blender. If you don't have a blender, place ice in a plastic bag and crush by hitting with an ice cream scoop or mallet until the ice is in fine pieces.
2. Add the milk, fruit and sugar to the crushed ice in the blender.
3. Blend until smooth. If you don't have a blender, use a hand mixer and blend until smooth.
4. Pour into two glasses and serve.

Nutrition Note: This recipe makes 2 servings. Each serving has 80 calories, 0 grams of fat, and 17 grams of carbohydrates.



Shop Smart - Stretch Your Fruit & Veggie Dollar

When buying berries, here are some things to consider.

- Select: Plump, firm, dark in color berries without mold.
- Store: In the refrigerator, covered, in a single layer on a paper towel for 2-3 days.
- Use: As a topping for yogurt or blended in a smoothie.

(From the California WIC Program)

Parmesan-Toasted Trail Mix

3 cups O-shaped cereal
1½ cups small pretzels
1 cup cheese crackers or animal crackers
¾ cup almonds
2 tablespoons vegetable oil
¼ cup grated parmesan cheese

1. Preheat oven to 375 degrees.
2. Combine all ingredients in a large bowl and toss to coat.
3. Spread mixture on a baking sheet in an even layer.
4. Bake 8 to 10 minutes, until lightly toasted.

Recipe Source: www.grainpower.org

Nutrition Note: This recipe makes 10 servings. Each serving has 192 calories, 11 grams of fat, and 19 grams of carbohydrates.

Breastfeeding:

Why breastfeed?

"I decided to breastfeed because of my WIC nutritionist showing me the difference between breastmilk and formula."

~ Alexius, WIC Breastfeeding Mom from Grand Forks, ND



Peanut Butter and Chocolate Dip

1 tablespoon chocolate syrup
1 tablespoon peanut butter
2 tablespoons low-fat or fat-free plain or vanilla yogurt

1. Mix chocolate syrup and peanut butter together.
2. Add yogurt and mix well.
3. Serve with your favorite fruits.

Nutrition Note: This recipe makes 4 servings. Each serving has 45 calories, 2 grams of fat, and 5 grams of carbohydrates.

Turn Off the TV

Make a pretzel by having children stand in a circle. Each child chooses someone's hand to hold (not the child next to them). Children will be tangled. Try to untie the knot.

(From Dakota Dog Digs Food, Fitness & Fun!)

Mix-and-Match Snack Attack

Slightly Sweet:

- ½ cup raisins
- ½ cup dried cranberries
- ½ cup dried apricots
- ½ cup chocolate chips
- ½ cup O-shaped cereal
- ½ cup square-shaped cereal
- ½ cup low-fat granola
- 1 cup low-fat kettle corn popcorn
- ½ cup frosted shredded wheat cereal



Slightly Salty

- 1 cup mini pretzels, any shape
- 1 cup low-fat popcorn
- ¼ cup sunflower seeds
- ¼ cup peanuts or soy nuts

1. Make your own snack by mixing together five ingredients from the list above. For the best tasting snack, choose ingredients from both groups.
2. For example, mix ½ cup dried cranberries, ½ cup O-shaped cereal, 1 cup low-fat kettle corn popcorn, 1 cup mini pretzels, and ¼ cup sunflower seeds.
3. Store in a resealable bag or container.

Recipe Source: Nutrition in the Kitchen, 2nd Edition

Nutrition Note: This example recipe makes 4 servings. Each serving has 160 calories, 4.5 grams of fat, and 30 grams of carbohydrates.

Graham Cracker Smackers

- 1-2 pieces of fruit, thinly sliced (banana, peaches, pears or other soft fruit)
- 4 graham crackers, broken into 8 squares
- 2 tablespoons peanut butter

1. Wash fruit. Cut into thin slices.
2. Spread a thin layer of peanut butter on each graham cracker square.
3. Top four of the squares with slices of fruit. Put another graham cracker square on top with peanut butter facing inside.

Recipe Source: <http://www.extension.iastate.edu/foodsavings/>

Nutrition Note: This recipe makes 4 servings. Each serving has 146 calories, 6 grams of fat, and 23 grams of carbohydrates.

Sun Safety Tips for Summer



As parents, it is our job to protect our kids from the sun while modeling sun safe behavior ourselves. Sun safe behaviors:

- Apply UVA/UVB sunscreen with SPF 30 or greater 15-30 minutes before going outside and reapply every two hours.
- Cover Up - wear a hat, shirt and other protective clothing; wear shatterproof sunglasses that block both UVA and UVB rays.
- Limit children's time in the sun between 10 a.m. and 4 p.m. when the sun's rays are the strongest and most harmful.

For more information please visit the North Dakota Cancer Coalition website:

[http://www.ndcancercoalition.org/?](http://www.ndcancercoalition.org/?id=868&page=Skin+Cancer+Awareness)

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Choco-nana Pops

- 1 cup skim or 1% milk
- 1 ripe banana, peeled and cut in half
- ¼ cup chocolate syrup
- 1 teaspoon vanilla extract
- 4 (5-ounce) paper drinking cups
- 4 popsicle sticks

1. Combine all ingredients in a blender.
2. Blend on high for 1 minute or until thickened. Pour into cups.
3. Cover each cup with aluminum foil; insert a popsicle stick through the foil into the milk.
4. Freeze until firm. To serve, dip cup into warm water and slide out.

Nutrition Note: This recipe makes 4 servings. Each serving has 100 calories, 0 grams of fat, and 22 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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GROWING HAPPY FAMILIES



Listen to your child.

If your child says he or she is hungry, offer a small, healthy snack – even if it is not a scheduled time to eat. Offer choices. Ask “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?”